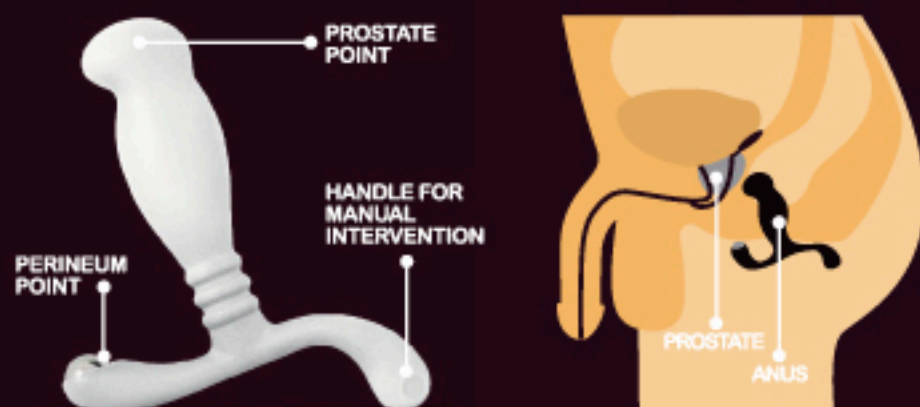


PROSTATE MASSAGERS THE GUIDE FOR GOING SOLO

The information and instructions contained in this guide are for the use of a modern prostate massager (a sex toy and health device) for beginners to anal play. The guide is aimed at masturbation.

Modern prostate massagers are designed to stimulate the prostate gland, anal canal and perineum all at once. In the past they have been used to milk the prostate in order to maintain full functionality and also for sexual pleasure.

The tri-way stimulation ensures the highest chance of success in achieving the much sought after ejaculation-free orgasm. It also opens the doors for men to explore new ways of achieving deeper sexual pleasure and satisfaction when indulging in anal play.



THE PROSTATE GLAND (MALE G-SPOT)

The male G-spot refers to the prostate gland which is located on the front wall of the anal canal. This walnut-shaped gland is responsible for creating a man's erections, orgasms and ejaculations.

Toys have been used for centuries by many different cultures to help with prostate congestion, sexual dysfunction and for sexual pleasure. Stimulation of this important gland results in the milking of the prostate and increased blood flow to the region which provides vital fresh oxygen and nutrients.

The Nexus Range of prostate massagers are specifically designed for prostate massage that gives sexual pleasure, although a side effect of this stimulation is that the prostate often becomes far healthier than prior to using these toys. This is why it is so often helpful for men with prostate problems and sexual dysfunction.

MALE G-SPOT ORGASMS

The male G-spot experience opens previously unknown doors of sexual pleasure where men experience far more intense orgasms that involve the whole body. This can all happen without ejaculation and without touching the penis.

If the penis is involved, the orgasms are still very strong and also last longer than an ordinary penile orgasms. The pleasure is of a quality not often – if at all – felt before by most men. The sensations are unique for every man, and learning to use a prostate massager effectively is a key part of the journey to intense sexual pleasure. It can take time, and it will take effort, but it's worth it.

HYGIENE & SAFETY

The anal canal is usually very clean as faeces are not stored in this area, they are stored further up in the rectum and bowel. For comfort, make sure your bowels are empty, this should be done at least half an hour before using your prostate massager.

If you would prefer to douche prior to using a toy, do so. Anal douches are inexpensive and effective. Condoms can be used with prostate massagers, though it is not necessary, and the toys are easily cleaned.

The toys have a handle and perineum stimulator which acts as an anchor, keeping the end outside where it should be. It is impossible to get it lost inside you. The smooth shaft and head are seam-free so nothing on the toy will tear or damage the sensitive tissue in the anal area unless improperly used. It is important to rinse in hot soapy water (or an adult toy cleaner) and dry the toy immediately after use to avoid bacteria growth.

THE 7 STEP GUIDE

GETTING STARTED

Put aside a couple of hours where you will not be disturbed and can totally relax. Grab a couple of towels, some good quality lube and perhaps an erotic DVD. Silicone lubricant is often the best, because it lasts for a long time without having to be reapplied. Cover your 'workspace' with a towel, and set out everything you will need. You will need a good deal of patience, a very open mind, and the thorough removal of any expectations. Everything you do will be slow, careful and hopefully very exciting! Above all else relax and enjoy every sensation the massager has to offer. The journey is all part of the fun.

1. RELAX & BREATHE

Good things come to those who practice! Learning how to deeply relax and connect your mind with your body improves the success of your anal explorations with a prostate massager.

Start your session with some deep breathing and feel how each breath enters and exits your body. Lie down and feel your diaphragm moving. Concentrate on relaxing each of your muscles. Breathe all those old ideas you had about male sexuality out.

2. AROUSE YOURSELF

This part is entirely up to you – do whatever turns you on. Don't concentrate on your penis, but do feel free to roam the rest of your body, including the anal area. This sends blood and messages to the prostate, penis, scrotum, anus and abdomen area, warming it up. Put on an erotic movie if you like, just to help things along.

3. SLOWLY INSERT THE MASSAGER

Lie on your side with your knees slightly bent. Make sure the toy has plenty of lube on it (you will need to prime the anal area with lube before inserting). Slowly and carefully insert the massager into your anus, breathing and relaxing your sphincter muscles with each exhalation. Fit it completely and comfortably inside your anal canal. Now just rest, and continue your erotic play as before while your body gets used to it. Don't touch your penis, and try to be in a position where it is not rubbing on the bed, or your leg. This will distract you from the task at hand, which is meant to be forgetting about your penis and concentrating on the sensations in your prostate, anal canal, perineum and abdomen. Feel free to roam the rest of your body including your anal area. Slowly and carefully insert the Prostate Massager into your anus.

4. BREATHE AND GET USED TO IT

For the next 15 minutes or so, you will need to adjust to having the massager inside you. Relax, and take deep breaths right down into your abdomen, while continuing the erotic stimulation of your mind and body, avoiding your penis. When you feel comfortable with it inside you, you may feel a slight tightening of your prostate against the toy. The prostate engorges with blood upon arousal, and this is why you can feel it. This is what will provide the stimulation to milk your prostate, and have explosive orgasms.

5. START SMALL CONTRACTIONS

Try contracting as you breathe in, and letting go as you breathe out. Your sphincter muscles will probably quiver involuntarily – this is good and you will feel the effects in your prostate. Play around with the contractions and see how it feels with long ones, strong ones, short ones, and weak ones. Maintaining contractions in the sphincter will cause quivers, which in effect stimulate the prostate in a positive way. See what feels good, and just play. Keep the erotic stimulation on other parts of your body, and build yourself into a rhythm.

6. TAKE IT FURTHER

Lying on your back with your knees drawn to your chest is the most effective way of experiencing explosive body orgasms, but it may not be how you find success with your toy to begin with. Try kneeling or lying in another position and see what effects this has. Keep breathing, and focus on your prostate and general abdomen area. There is an acupuncture point which is connected to the prostate, penis, scrotum and anal area in your perineum. Each man is biologically the same, but the spot varies minutely between men. It is normally in the middle of the perineum, between the anus and the scrotum. To find it, make a line from the bottom of your prostate, and put your finger in, go along until you find a place that feels slightly different. It may be a little sensitive. It is not a pleasure spot in itself, but with the aid of a prostate massager with a perineum stimulator, it is often the essential ingredient in achieving the much-coveted male G-spot orgasm.

7. KEEP PRACTICING

Try different things, talk to people and read up forums (try www.nexusrange.com/forum). Every man's experience with a prostate massager is different, but the sensations are normally very similar. If you don't achieve success right away, don't panic. Keep trying...